

Diet Instructions Prior to Glucose Tolerance Test

This diet has been designed to supply the proper amounts of foods needed to obtain an accurate test of how well your body burns carbohydrates. It is very important that you eat at least the amounts shown on the diet, however, you may eat more than these amounts or additional types of food if desired. Be certain that you eat everything listed on the diet.

Eat the food listed each day for three (3) days, plus anything else you desire.

No food or liquid (except water), should be consumed after 10 p.m. on the evening before the test.

Breakfast:

Fruit (one banana, one orange, grapefruit, or cup juice)
Cereal (cup)
Bread (one slice)
Milk (cup)
Sugar (two teaspoons)

Lunch:

Meat, cheese or egg (as desired)
Bread (two slices) or spaghetti, macaroni, rice or noodles
(one cup cooked)
Dessert (fruit, cake, pie, or cookies)
Milk (one cup)

Dinner: Follow the same diet as for lunch. Remember, you may eat additional items, just be sure to eat at least the foods listed on the diet.

Lakeland Outpatient Service Centers

Lakeland hopes that the following information will assist you in choosing a location for outpatient services. Outpatient services include: blood draws, EKG's, urine drug screens and radiology testing. Patients may go to the location of their choice with a valid physician order.

Lakeland Center for Outpatient Services	
Address	3900 Hollywood Road St. Joseph, MI 49085
Phone Number	269.556.2800
Hours of Operation	Monday – Friday 6:00 a.m. to 7:00 p.m. & Saturday 7:00 a.m. to 1:00 p.m.
Lakeland Community Hospital, Niles	
Address	31 North St. Joseph Avenue Niles, MI 49120
Phone Number	269.683.5510
Hours of Operation	Monday – Friday 6:00 a.m. to 5:30 p.m. & Saturday 8:00 a.m. to 1:00 p.m.
Paw Paw Lake Medical Center	
Address	6559 Paw Paw Avenue Coloma, MI 49038
Phone Number	269.983.8311 or 800.513.9193
Hours of Operation	Monday – Friday 8:00 a.m. to 5:00 p.m.
Lakeland Community Hospital, Watervliet	
Address	400 Medical Park Drive Watervliet, MI 49098
Phone Number	269.983.8311 OR 800.513.9193
Hours of Operation	Monday – Friday 6:00 a.m. to 5:30 p.m. & Saturday 8:00 a.m. to 1:00 p.m.
Cass Family Clinic <i>(No Radiology Services)</i>	
Address	109 School Street Cassopolis, MI 49031
Phone Number	269.983.8311 or 800.513.9193
Hours of Operation	Monday – Friday 8:00 a.m. to 4:30 p.m.

Lakeland is pleased to offer the option to **schedule** your laboratory or radiology procedure(s) at both the Center for Outpatient Services location and the Lakeland Hospital, Niles location. Scheduled patients are registered prior to their arrival and seen at their scheduled time. **Call 269-556-2810 or 800-791-2810** to make an appointment.

For additional information, visit us online!

Laboratory: www.lakelandhealth.org/lab
 Radiology: www.lakelandhealth.org/imaging